

WHAT IS CLAIMED IS:

1. A food or food product using grains as materials,  
5 characterized in that functional ingredients contents are increased by controlling manufacturing conditions in at least one step during a manufacturing process of the food or food product.
- 10 2. The food or food product as claimed in claim 1,  
wherein wheat, barley, and soba are said grains as materials.
- 15 3. A food or food product using one or more of wheat, barley, oats and rye, or a processed product of one or more of wheat, barley, oats and rye,  
20 characterized in that functional ingredients contents are increased by controlling manufacturing conditions in at least one step during a manufacturing process of the food or food product.
- 25 4. The food or food product as claimed in any one of claims 1-3,  
characterized in that said food or food product is one of bread, pasta, udon and soba.
- 30 5. The food or food product as claimed in any one of claims 1-4,  
wherein the manufacturing process is a kneading process.
- 35 6. The food or food product as claimed in any one of claims 1-4,  
wherein the manufacturing process is a fermentation process.

7. The food or food product as claimed in  
any one of claims 1-4,

5 wherein the manufacturing process is an  
aging process.

8. The food or food product as claimed in  
any one of claims 3-7,

10 wherein said processed product of the one  
or more of wheat, barley, oats and rye is a seed of  
the one or more of wheat, barley, oats and rye  
soaked in water or hot water, a germinated seed of  
the one or more of wheat, barley, oats and rye  
depending on germination time, or malt, in which  
15 malt a seed of the one or more of wheat, barley,  
oats and rye is soaked in water or hot water to be  
germinated, then a drying process or a roast-dry  
process is performed.

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9. A method of processing a food or food  
product using grains as materials,

characterized in that functional  
ingredients contents are increased by controlling  
25 manufacturing conditions in at least one step during  
a manufacturing process of the food or food product.

10. A method of processing a food or food  
30 product using one or more of wheat, barley, oats and  
rye, or a processed product of the one or more of  
wheat, barley, oats and rye,

characterized in that functional  
ingredients contents are increased by controlling  
35 manufacturing conditions in at least one step during  
a manufacturing process of the food or food product.

11. The method of processing a food or  
food product as claimed in claims 9 or 10,  
wherein the manufacturing process is a  
5 kneading process.

12. The method of processing a food or  
food product as claimed in claims 9 or 10,  
wherein the manufacturing process is a  
10 fermentation process.

13. The method of processing a food or  
food product as claimed in claims 9 or 10,  
wherein the manufacturing process is an  
15 aging process.

14. The method of processing a food or  
food product as claimed in any one of claims 10-13,  
20 wherein said processed product of one or  
more of wheat, barley, oats and rye is a seed of the  
one or more of wheat, barley, oats and rye soaked in  
water or hot water, a germinated seed of the one or  
more of wheat, barley, oats and rye depending on  
25 germination time, or malt, in which malt a seed of  
the one or more of wheat, barley, oats and rye is  
soaked in water or hot water to be germinated, then  
a drying process or a roast-dry process is performed.

30 15. A method of processing a food or food  
product,  
characterized in that said food or food  
product is one of bread, pasta, udon and soba.

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16. A fried food or food product using one or more of wheat, barley, oats and rye or flour of a processed product of the one or more of wheat, barley, oats and rye,

5 characterized in that said flour of the processed product of the one or more of wheat, barley, oats and rye is a seed of the one or more of wheat, barley, oats and rye soaked in water or hot water, a germinated seed of the one or more of wheat,  
10 barley, oats and rye depending on germination time, or malt, in which malt a seed of the one or more of wheat, barley, oats and rye is soaked in water or hot water to be germinated, then a drying process or a roast-dry process is performed.

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